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252 Meat and fish are either boiled in water or roasted in hot ashes.
262 The favorite meats are red monkey and white lipped peccary. Birds eggs are eaten, even if partially rotten but the eggs of domestic fowls are seldom used. Bananas are cooked in many ways depending to a great extent on the degree of ripeness. Fish are wrapped in bajagua leaves and roasted or fried in coconut oil.

Vegetables such as cassava, sweet potatoes, tania, yaws, green bananas and plantains are either boiled in water or placed with the meat for roasting. The pith or "cabbage" or various palms are also cooked and eaten and other wild fruits are used raw when in season A sort of bread is made from time to time by grinding dry maize in a metate and adding water. The mixture is then wrapped in bijagua leaves and allowed to stand for several days during which time it ferments. It is then baked in embers.

A sort of ensilage called *bisbaya* is made by the Indians and consists chiefly of green bananas, plantains, and pejivales. These are peeled and buried in the ground, covered layer by layer with bijagua leaves and the ensilage is not uncovered until required for food. The fruit retains its whitish natural color and turns black only after exposure to air. These food supply units have been known to last for years. Bisbaya may be consumed as a beverage after being toiled with water or it may be baked in leaves as a sort or bread. The fruit of the pejivalle palm is treated in a similar manner.

252 Various species of pungent small wild peppers are used with food
263 as a seasoning. The peppers are mashed with lime juice and little salt to make a sauce which is stored in containers and used at meals to replace salt. Besides the use of peppersauce the ashes of burned palms are often used to replace salt and in fact have a high salty flavor. Vanilla is used to flavor a drink prepared from cacao and maize.

262 The eating of earth and charcoal (geophagia) is common among women and children and the exact physiological effect is unknown. Milk from domestic cows is common and is usually consumed as it sours or converted into a cheese.

The Indians are fond of foods that have soured or spoiled a little
[273] and often allow many decoctions to ferment; distilled liquors, however, are unknown.

● 221 *Seasonal intake of foods.* Meat, fish, fowl, cheese and milk are con-
262 sumed daily throughout the entire year but consumption of vegetables and fruits is seasonal.

January	*Aladi cati, Inupu cuti:* bastard cedar flowering time. Citrus fruits in quantity, avocadoes, melons, nuts.

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February	*Cusnu cati, isla cati:* tortoise time, iswilly lizard time. Few citrus fruits, coconuts or vegetables.
March	*Cocamuk cati:* iguana season. Few green vegetables or fruits.
April	*Willi wantca cati:* male turtle time. Coconuts, very few vegetables, few bananas.
May	*Willi Mayrhen cati:* female turtle time. More bananas, plantains and coconuts.
June	*Li cati:* rain month. Same as May.
July	*Pastara cati:* high wind time. Same as May, a few more greens, bananas.
August	*Sicla cati; wis cati:* ? Few citrus fruits, more greens, bananas.
September	*Wis cati:* wis month.
October	*Sauhi cati, prarki cati:* south wind month, hurricane time. Food consumption depends to a great extent on the weather. Wild fruits, citrus fruits.
November	*Yahibra cati:* north wind time. Citrus fruits, wild fruits.
December	*Krismas cati:* Christmas month. Fewer vegetables and fruits consumed.

During May, June and July no greens of any kind are available; this is true also during late December and January. Meat consumption remains fairly constant.

Average meat intake per day (June)	960 grams.
Other fruits and foods (June)	400 grams.

The above was the approximate daily consumption of my head boatman, Ramón. Others ate a little more or a little less, but the proportion was about the same. Apparently, members of most families consume about the equal amounts of meats and vegetables as he did. On the other hand, following a hunt, the meat consumption increases significantly and sometimes an entire animal is eaten at one sitting. Be it noted that meat is usually secured from hunting or fishing. This 262
is somewhat striking when one observes the large numbers of turkeys 231
among the families. It is assumed that as such these birds would be eaten frequently but instead they are consumed rarely; they are household pets. To some extent this is true of chickens. Pigs, on the other hand, are more frequently eaten; they require little care and in general forage for themselves. Cowmeat, steermeat, heifer meat, etc., is obtained from the occasional slaughter of domestic cattle. The latter are plentiful.